



Valley Baptist

Health & Fitness Center

3001 N. Augusta National, Harlingen TX 78550 (956) 421-4061

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Step Aerobics Cris - 2	5:30am Ram - 1	5:30am Step Aerobics Cris - 2	5:30am Ram - 1	5:30am Step Aerobics Cris - 2	8am Cris - 1
5:30am Ramiro - 1	8am Veronica - 1	5:30am Ramiro - 1	8am Veronica - 1	5:30am Ramiro - 1	9am Studio Cycling Alternate
5:30am Studio Cycling Jessica	9:15am Yoga Nora - 2	5:30am Studio Cycling Jessica	9:15am Yoga Veronica - 2	5:30am Studio Cycling Jessica	9am Step Aerobics Cris - 2
8am Veronica - 1	5:30pm Kid's Fitness Lisa - 2	8am Veronica - 1	5:30pm Cris - 1	8am Beata - 1	9am
9am Pamela - 1	5:30pm Cris - 1	9am Pamela - 1	5:30pm Step Aerobics Lisa - 2	9am Beata - 1	10am Alternate - 1
9am Studio Cycling Krista	5:30pm Studio Cycling Jessica	9am Studio Cycling Krista	5:30 pm Studio Cycling Amy	9am Studio Cycling Krista	
9am **Sit & Be Fit Esmi - 2	5:30pm Beata - 2	9am **Sit & Be Fit Esmi - 2	6:30pm Step Aerobics Lisa - 2	9am **Sit & Be Fit Esmi - 2	
10am Pilates Veronica - 2	6:30pm Veronica - 1	10am Power Pilates Veronica - 2	6:30pm Ramiro - 1	10am Power Pilates Veronica - 2	
4pm Adam - 1	6:30pm Step Aerobics Lisa - 2	4pm Adam - 1		5:30pm Kids Fitness Lisa - 2	
5:30pm Studio Cycling Amy		5:30pm Studio Cycling Jessica		5:30pm Advanced Step Aerobics - Cris - 1	
5:30pm Advanced Step Aerobics - Cris - 1		5:30pm 		5:30pm Studio Cycling Adam	
5:30pm Step Aerobics - Lisa - 2		5:30pm Advanced Step Aerobics -Cris - 1			
6:30pm Studio Cycling Alternate		6:30pm Studio Cycling Adam		<p>Monday – Thursday 4:45am – 10pm Friday 5am – 9pm Saturday 8am-4pm Sunday 1pm – 4pm</p>	
6:30pm Adam - 1		6:30pm Veronica - 1			
7:30pm Pilates Esmi - 2		6:30pm Beata - 2			

